Hands On®

May/June 2006

issue no. 3

The Newsletter of the American Massage Therapy Association

March Board Meeting Held in Chicago

President Mary Beth Braun fastens the president's pin on President-Elect Leena S. Guptha.

Professional Competency and Improving Member Service Top the Agenda

The AMTA Board of Directors met in Chicago for its annual March meeting. This meeting, held March 4-5, is the beginning of AMTA's yearly planning cycle described in your March/April issue of *Hands On*. New and returning board members are oriented into their strategic, operational and cultural roles. This year they underwent leadership training, before taking their oath to faithfully perform their duties to the best of their ability.

The first order of business was the discussion of a mega-issue, an important professional challenge that our members will face in the next 5 to 10 years. The challenge discussed was meant to guide the board in one of AMTA's strategic focuses—**to define, with other industry stakeholders, the best ways to build professional competency**. The mega-issue question was, "What would be necessary to establish universally accepted baseline/entry level education standards?"

Education standards are an important issue for the massage therapy profession because universally accepted standards could mean that all massage therapists enter the profession equally prepared to practice and succeed, and could improve the quality of care they provide. Standards would also help in creating fair and consistent licensing that could allow massage therapists to move their practices across state lines.

The board invited national committee chairs, chapter representatives and AMTA staff to the table. To prepare for this discussion, the group was asked to read a report giving the background of the issue. They also learned from Mickie Rops of Mickie Rops & Associates, who presented on how standards evolve in a profession.

Items on the meeting agenda included the following:

- **What?** A New Member Database
  Why? AMTA wants to deliver the best services possible to its members. The current database is nearly 10 years old and isn't suited to handle the volume of transactions AMTA receives efficiently.
  Outcomes: The board directed AMTA staff to pursue the purchase of a new member database. This project for the organization is expected to be implemented in 2007.

- **What?** Internal Community Relations
  Why? The skills and talents that volunteers bring to AMTA are vital to the association, and volunteering brings members new ways to grow professionally and personally. The board wants every member's volunteer efforts to be as rewarding as possible, so it examined ways to continue improving communication with volunteers.
  Outcomes: The board approved development of an internal community relations workgroup. This workgroup will recommend outcomes for the volunteer culture.

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Pursuing Professional Competency

During its April conference call, the AMTA Board of Directors updated its approach to building professional competency.

AMTA intends to convene stakeholders in the profession who regularly contribute to the profession's body of knowledge to address expanding the profession's body of knowledge.

The body of knowledge is the full scope of what a massage therapist must know to practice successfully, including knowledge, skills and abilities. Some parts of this have been identified through the NCBTMB job task analysis and through COMTA's accreditation standards.

The profession's body of knowledge is not completely identified or expressed in a way all stakeholders find meaningful. AMTA believes that for the profession to advance in recognition, acceptance, professional knowledge and practice, a more complete body of knowledge needs to be stated in clear and meaningful ways.

Left to right: Immediate Past President Laurel J. Freeman; President Mary Beth Braun; President-Elect Leena S. Guptha

Hands On
The Newsletter of the American Massage Therapy Association

May/June 2006

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Information contained in *Hands On* does not necessarily reflect the opinions or beliefs of AMTA and/or the staff of *Hands On.* AMTA, founded in 1943, is the oldest and largest nonprofit, national, professional organization serving massage therapists in the United States, Canada and 27 other countries.

Membership in AMTA is open to all qualified individuals regardless of race, creed, national origin, gender, age, marital status, religion, sexual orientation or physical handicap.

Mission: To serve AMTA members while advancing the art, science and practice of massage therapy.

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PRESIDENT'S LETTER

"Every day you may make progress. Every step may be fruitful. Yet there will stretch out before you an ever-lengthening, ever-ascending, ever-improving path. You know you will never get to the end of the journey. But this, so far from discouraging, only adds to the joy and glory of the climb."
–Sir Winston Churchill

In Pursuit of Progress and Excellence, *not* Perfection

When pursuing any goal or dream, I think it is best to focus on achieving them in terms of progress and excellence rather than "doing it perfectly." If you're a "recovering perfectionist" like me, then you already know that we all would be better served with this philosophy, and that the journey on each road is very different.

When you pursue a goal or a dream with focus on *perfection,* you are often on a road with few options, filled with criticism, negativity and difficulty with adapting to adjustments on your path. But when you are on the road to progress and excellence in the pursuit of your goals and dreams, you find yourself faced with new forks in the road, or options, as you move along your path. You must find in yourself the willingness to be flexible in accord with the constantly changing information you receive while on this road. Most importantly, you must be able to make adjustments and adapt to the changes that you encounter each moment, day, month and year.

Pursuit of progress and excellence is the core of AMTA's mission to serve our members while advancing the art, science and practice of massage therapy. Our commitment to our mission helps deliver more value to you, the member, and helps advance the profession.

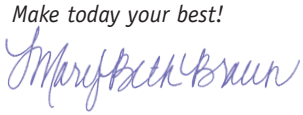
How are we delivering value to members and advancing the profession?

- AMTA advocates for fair and consistent licensing in all states through the implementation of our new Government Relations Program, so members will have the freedom to practice anywhere and be recognized as professionals.
- We promote professional excellence and competency by offering continuing education so you can constantly improve your skills, and so that AMTA members have the competencies, skills and professionalism to be successful, and we're also working on answering the question: what defines competency in our profession?
- AMTA is working to ensure that your national and chapter volunteers have the level of training they need to fulfill their roles and responsibilities and to build their skills through our comprehensive Volunteer Development Program. This program includes our Chapter Volunteer Orientation Program (CVOP), online learning for volunteers and chapter leadership training at the national convention.

So, when you are pursuing your goals and dreams as a member of AMTA, ask yourself, are you and are we in pursuit of progress and excellence instead of perfection?

These are all reasons that I know I am and hope you are—**proud to be an AMTA member!**

Make today your best!



Mary Beth Braun
AMTA President

AMTA Launches New GR Program

One of AMTA's continuing initiatives for its membership is to pursue fair and consistent licensing in every state. To meet this goal, AMTA launched a new Government Relations (GR) Program on May 1. This program is part of AMTA's ongoing work for the common interest of the profession and our members.

AMTA believes state licensing is the best way to build public confidence in massage therapy, and protect both massage therapists and the public from those not qualified to practice. Fair and consistent licensure by all states will make it easier in the future for all massage therapists to move their practices across state lines. It also will protect practitioners from unfair local restrictions.

The new GR Program has a centralized approach and relies on close collaboration with chapters. The centralized approach ensures that all efforts toward licensing are consistent and reflect AMTA's GR goals. It also provides stronger relationships with state legislators and regulators by taking advantage of the contacts that volunteers at the chapter level have helped develop.

Currently, 36 states and Washington DC have passed legislation to regulate massage therapy. Of those, 30 have some type of licensing requirement, but there is little onsistency among them. The centralized approach will help move them toward consistent regulation.

The new GR Program will evolve as opportunities develop in each state. The board of directors recognizes that the centralized approach is new for chapter leaders and government relations staff Bill Brown and Amy Young will work closely with them as the program grows.

If you have questions about AMTA's GR Program, contact Government Relations Director Bill Brown at the National Office at 877-905-2700, ext. 182 or via e-mail at bbrown@amtamassage.org.

Cynthia Ribeiro Elected to National Board

Cynthia Ribeiro (CA) has been elected to the AMTA National Board of Directors as a member-at-large. This election fills the vacancy created by William J. Greenberg (CT), who has taken on his duties as a vice president. Ribeiro previously served as a member-at-large from 2001 to 2003, and again from July 2005 through February 2006.

Cynthia Ribeiro

Residence: Laguna Hills, California

Vision of the future for AMTA

"The profession of massage therapy is in an exciting moment in time. AMTA is in the unique position of being the catalyst in promoting collaborative work among all stakeholders, organizations, and national leaders in the field, by creating the body of knowledge for educational standards. In doing this the AMTA will continue to demonstrate leadership, fostering trust within its membership, the public and other health professions."

National Leadership Oriented into Their Role

The AMTA national leadership team, which includes the AMTA Board of Directors, standing committee chairs and staff, attended training March 2-3, 2006 at the National Leadership Orientation (NLO). The attendees received training in their roles and responsibilities as national volunteers and the staff who most closely work with the national volunteers.

NLO provided an opportunity for the volunteers to hone their leadership skills in areas like legal and financial responsibilities, knowledge-based decision making, strategic planning, change management and in their roles as ambassadors for AMTA and its messages. Time was also devoted to building relationships within the leadership team. Volunteers require all of these skills to effectively and responsibly serve AMTA members.

The board is committed to providing comprehensive training to volunteers serving in all levels of the association. Through their continued support of the Volunteer Development Program and chapter-specific trainings like the Chapter Volunteer Orientation Program (CVOP), Chapter Leadership Training and e-learning courses they are ensuring good stewardship of association resources.

To volunteer for AMTA contact Monica Love, volunteer development manager, at mlove@amtamassage.org or 877-905-2700, ext. 115, or log in at www.amtamassage.org and click on "Volunteer Development Center" to search available opportunities or post your resume.

fingerprints

"Renewal" for Victims of Domestic Violence

From left to right: Jennifer Peterson, HHP; Christina Gomez, massage therapist; Tina Winkler, massage therapist and make-up artist; Erica Peterson, children's gift bag coordinator.

On March 25, 2006, Jennifer Peterson (CA) and other volunteer massage therapists provided massage for women living in domestic abuse shelters in the San Diego area.

The event, called Renewal Day, benefited victims of domestic violence. Peterson worked with the Center for Community Solutions, which has shelters and centers all over the San Diego area (www.ccssd.org). She gathered a group of volunteer massage therapists and bodyworkers from San Diego massage schools, the AMTA California Chapter and other professional arenas to come to the event and donate healing bodywork to the victims of domestic violence.

"We set up this one-day event at one of the shelters, and spent the day working on the victims. These people have been beaten down, abused and broken both physically and emotionally. By giving them our unconditional love and healing energy we can help them gain strength, renew and feel loved and worthy," says Peterson.

Peterson had the event catered with food and drinks, had gifts for the children who are living in the shelters with their parent and had a Girl Scout troop play games with the children while their parent received massage.

Peterson and the Center for Community Solutions have decided to make this an annual event, and she hopes other cities will follow their example. Peterson says, "Think how many people who have been abused could receive the much needed loving touch that massage therapists have to give."

Volunteer Therapists Needed for Gay Games VII

Chicago Games Inc. will be hosting Gay Games VII, July 15-22, 2006. Chicago officials project more than 12,000 athletes from more than 75 countries will participate in the games. Some 6,000 volunteers and more than 60,000 spectators are also expected.

"Working directly with the medical committee we are looking to put together a team of 400 to 500 massage therapists to provide complimentary sports massage at the games," says Denise Theobald (IL). "Providing qualified, licensed and insured therapists is our primary goal in putting together the best team that we can."

This year's games will feature more than 30 sporting events and music, art and cultural competitions.

To date, they have about 200 therapists signed up. If you are interested in volunteering your time, go to www.gaygameschicago.org/externals/volunteer.php.

Volunteer for Your Association

A true story

Member-at-Large Judy Boyer (AZ) had the pleasure of meeting Michael "Air" Jordan while in Chicago at the beginning of March for the National Leadership Orientation and board of director's meeting at the Hotel InterContinental. It was like a dream come true when she got to meet him one-on-one during a break in the meeting. Boyer declares that "It is only because I am a volunteer for the AMTA that I was in the right place at the right time to meet Michael Jordan. He shook my hand and was very personable. I encourage all AMTA members to volunteer for AMTA. You, too, might meet Michael Jordan!"

Get involved with AMTA and enjoy the full benefit of your membership! As a volunteer you'll have the chance to:

- Give back to your profession.
- Network with fellow professionals.
- Expand your personal and professional horizons.

We can't guarantee you'll meet a sports hero, but who knows what other opportunities may come your way?

AMTA makes it easy for you to get involved through the Volunteer Center. Simply log in at www.amtamassage.org and click on "Volunteer Development Center." Then click on the "National Volunteer Database" link. You can search the online database for chapter and national positions, or post an online resume and we'll match you with an opportunity based on your interests, experience, and available time.

If you have any questions contact Monica Love, volunteer development manager, at mlove@amtamassage.org or 877-905-2700, ext. 115.

Continued from page 1

Other meeting notables included a projected year-end financial report. AMTA expects to have another robust year with its financial position better than had been expected. The main reasons for this were an increase in membership, revenue from national convention and an increase in investment income. Complete details of AMTA's financial performance in FY 05/06 will be available in the July/August issue of *Hands On*.

In addition, the board appointed Shirley Cooper (CT) as chair of the House of Delegates Operations Committee. Shirley brings a great deal of experience to this position, having served as a member of the House of Delegates since its inception and as a committee member since 1996. This appointment fills the vacancy created by Cheryl Tardy (ME), who has taken on her duties as member-at-large on the AMTA Board of Directors.

The AMTA National Board members pose for a photo after taking the oath of office in Chicago.

Can Medical Massage be Defined?

The AMTA National Office has received several questions from members about developments in medical massage. Most of these questions concern defining the term "medical massage." You may share this concern, too.

AMTA has no plans to define medical massage. The board continues to be concerned that a definition of medical massage could restrict the practices of massage therapists. All massage is therapeutic and AMTA believes discussion needs to continue between various groups to verify definitions for many massage therapy terms.

It's important to note that evidence hasn't been provided to support the concept of medical massage as a distinct area of specialization within massage therapy practice. This would be a necessary step if the profession tries to define it.

Your board of directors appointed a volunteer workgroup in 2005 to examine how the term medical massage is being used. The workgroup did several things:

- examined published definitions of the term used by many of the groups that give certifications in medical massage;
- surveyed AMTA members on their views of the term (816 members participated);
- collected input from about 30 other massage therapists (not all AMTA members), who have a strong interest in medical massage issues, through e-mails, phone calls and letters;
- held a hearing at the national convention in Albuquerque to get more member input on the term.

The workgroup reported its research to the board in December 2005. At the request of the board the workgroup will continue to gather information this year on how the term is used and will report again in October 2006.

Voice your Thoughts on Proposed Bylaw Changes

At the March board meeting, the board approved a proposed bylaw change that national board members cannot also represent their chapter on the House of Delegates. This was done to help separate roles and responsibilities and avoid conflicts of interest.

AMTA gives you the opportunity to comment on all proposed bylaw changes. Your comments are weighed by the board before any decisions are made.

At its June meeting the board will again consider proposed bylaw changes. To read the proposed bylaw changes and offer your comments, visit www.amtamassage.org/member/0306bylawnote.html.

AMTA Helps You Build Your Business!

AMTA offers members a low-cost way to create a custom website that doesn't require special software or knowledge of HTML and the Internet. If you're interested in using your own website to help build your practice, take a look at the web development program from Members Online.

Right now you can get three months' hosting—a $75 value—for free if you sign up online before May 31. Log in to the Members Section of the AMTA website and look for "Spring Promotion" on the member home page.

When you sign up, the program takes you to a simple question-and-answer format that leads you through the process. You can create pages to promote your practice, provide potential clients with your biography, or sell products. There is also an option to select photos and background colors, post a monthly newsletter, add links to favorite sites and more.

You can be online with your own custom website in less than two weeks once your content is received. Visit the Members Section of the AMTA website and begin building your business website today! If you have any questions about this program after reading the information on the website, call 800-538-2129 and let them know you're an AMTA member.

NMTAW 2005: How One State Celebrated

A number of members throughout California participated in the 2005 promotion of NMTAW by offering free massages to diverse communities.

In San Francisco, the Diamond Massage & Wellness Center took part by offering free massages to pregnant women and school teachers. "Our phones rang off the hook," says Irene Diamond (CA), director of Diamond Wellness Center. "The teachers and pregnant women were so thankful to be recognized for their work. We even had to extend the week so that we could fit everyone in!"

In Los Angeles, massage therapists responded by volunteering their time at Camp Pendleton. Roughly 1,100 soldiers recently returned from Iraq. Eight massage therapists joined them and were able to offer their massage services to 150 men and women who had served. "It was a wonderful event," says Robbin Matthews (CA), a therapist and an organizer. "They were ecstatic that we were there. Our plan is to continue to offer our time and provide massage to the returning battalions."

In Sacramento, unit president Melissa Colburn (CA) and other local massage therapists set up their massage tables and massage chairs on the steps of the California capitol building on October 26. They provided complimentary massage to the whole community.

New Poster and Logo Mark 2006 NMTAW Celebration: How Will You Promote Massage this NMTAW?

Mark your calendars for October 22-28! This is when National Massage Therapy Awareness Week® (NMTAW) celebrates its 10th anniversary.

Over the years this week-long public awareness campaign has become a great way to promote the value and benefits of massage. In response to your requests, AMTA has created two new items to commemorate this milestone.

You'll be receiving a free NMTAW poster in the Fall 2006 issue of **mtj**, because members have expressed a need for pre-designed material to use to promote this week. You'll be able to view the poster and purchase additional copies on the AMTA website starting in early summer.

This year you'll notice there is also a new, permanent NMTAW logo to use in your NMTAW promotional materials. The AMTA logo is more prominent than before, which better supports AMTA's goal to promote AMTA members as the first choice for consumers seeking massage therapy.

October may seem far off, but now is a great time to start planning. This year there are two new ways AMTA can help you spread the word and share the benefits of massage with others in 2006.

More information on NMTAW is available on AMTA's member homepage at www.amtamassage.org.

Propose a Position Statement

AMTA gives all members the chance to recommend that the association state public positions on issues related to massage therapy. These statements are called position statements. Position statements are proposed through the House of Delegates, after undergoing recommendation and review.

You can submit proposals for AMTA position statements at any time through your delegate. Even though the deadline for submission each year is February 1, you can submit your proposal early.

Early submission leaves you plenty of time to make any revisions you might need to meet AMTA guidelines. The guidelines are available by clicking on "House of Delegates" in the Chapter Center of the Members Section at the AMTA website. Proposals that meet guidelines are voted on each year at the House of Delegates meeting.

For help in submitting a proposal, contact Position Statements Proposal Review Workgroup Chair Toni Roberts (toniroberts@bellsouth.net), HODOC Chair Shirley Cooper (Scoopie5@aol.com) or Workgroup Staff Liaison Ron Precht (rprecht@amtamassage.org, 877-905-2700, ext. 149).

New AMTA Ads in *Alternative Medicine* Promote AMTA Members

Amy Budd was involved in a serious automobile accident five years ago. After undergoing various medical treatments, she turned to the healing touch of AMTA member Maggie Miller.

The healthy relationship between clients and AMTA members is the basis of a new series of ads for *AMTA's Find a Massage Therapist*® national locator service. You can see the first ad with Amy and Maggie on page 20 of the April 2006 issue of *Alternative Medicine*.

The ads show how massage has improved the lives of real clients. They tell readers that AMTA members uphold the highest standards, and tell consumers to look for an AMTA member in their area through the locator service.

This is just one of the ways AMTA is actively promoting you and your business to consumers.

Not in *AMTA's Find a Massage Therapist*® national locator service? You should be! The locator service is the most promoted and published massage therapist locator service in the profession. More than 250,000 consumers looked for an AMTA member last year. Listing yourself is free for Professional Active members. List yourself today or upgrade to Professional Active membership by logging in to the Members Section of the AMTA website and choosing "Online Forms," or calling toll free 877-905-2700.

MASSAGE THERAPY FOUNDATION

CALL FOR POSTERS

The Massage Therapy Foundation will hold its ninth annual poster session at the AMTA National Convention, October 12-14, 2006. The poster sessions are an integral part of the foundation's presence at the AMTA National Convention and bring massage research and community service outreach to the exhibit hall floor in a professional and educational manner.

Practitioners are invited to submit a recent research or community service project as a poster presentation for these sessions. If you'd like to submit a poster for consideration, please contact Alison Pittas at 847-905-1667 or e-mail your abstract and contact information to apittas@massagetherapyfoundation.org.

Further instructions on poster specs and logistics are on the foundation website at www.massagetherapyfoundation.org/annualpostersession.html.

Save the Date!

2006 Post Convention Workshop: "Armed & Ready—Assessment & Treatment of the Upper Extremity"

Presented by David Kent
October 15-16, 2006, Hilton Atlanta
12 contact hours

Learn how to eliminate upper extremity pain in this fun-filled, hands-on seminar. Techniques to assess and treat a variety of client complaints and symptoms will be demonstrated and practiced. Kent will discuss common conditions including thoracic outlet syndrome, golfer's and tennis elbow, carpal tunnel syndrome, hand pain(s) and more.

Friday's dissection of the shoulder class will have useful information for this seminar. However, the dissection class is not a requirement for attendance.

Registration Fees:*

Early Registration (Before August 18)	$275
Regular Registration (After August 18)	$325
Nonmember	$350

*All proceeds will benefit the Massage Therapy Foundation

Registration for this event is now available online at www.amtamassage.org/education/NationalConvention2006.html.

New Online Benefit–Member Discounts on Brand Name Products

If you haven't visited AMTA's Shopping Mall lately, you're missing out on a variety of new products to choose from, including Stronglite® massage tables, chairs and accessories. A variety of books from publishers including Freedom From Pain Institute® and Thomson-Delmar® are also available.

AMTA members receive special pricing when they log in with their member IDs. You can check the retail price in the ad, and then see the actual price you'll receive as an AMTA member. Check out books and educational materials priced in the same way. Wherever possible, you'll receive a special members-only discount. In some cases, you'll also get free shipping.

Go to the Shopping Mall to put your member benefits to work! There's more to come, as AMTA is negotiating with other companies to bring you special products at special prices. Watch for future announcements here and on www.amtamassage.org.

Sale of products in AMTA's Shopping Mall does not constitute endorsement by AMTA. For products shipped directly from the manufacturer or publisher, warranty, repairs and returns are handled through the manufacturer or publisher.

education

2006 Calendar

June 3
AMTA Board of Directors Meeting
Palm Springs, California
Contact: 877-905-2700, ext. 157
gmitchell@amtamassage.org

July 13-16
Chapter Volunteer Orientation
Evanston, Illinois
Contact: 877-905-2700, ext. 156
mlove@amtamassage.org

October 10
AMTA Board of Directors Meeting
Atlanta, Georgia
Contact: 877-905-2700, ext. 157
gmitchell@amtamassage.org

October 11-14
AMTA 2006 National Convention
Atlanta, Georgia
Contact: 877-905-2700, ext. 143
hstearns@amtamassage.org

October 13-14
AMTA 2006 Teachers Conference
Atlanta, Georgia
Contact: 877-905-2700, ext. 150
mestes@amtamassage.org

October 22-28
National Massage Therapy Awareness Week®
Contact: 877-905-2700, ext. 133
kkarapetian@amtamassage.org

"Quench Your Thirst for Knowledge" at the AMTA 2006 National Convention! October 11-14, 2006

This year's national convention in Atlanta offers you plenty of choices for your continuing education. By popular demand, AMTA is again offering a 16-hour course, "Neuromuscular Therapy: Unique Aspects of Whiplash Syndrome." The course will run over two days, October 13-14. Instructing the course is Judith DeLany (FL), who has spent two decades developing NMT techniques.

The COS Teachers Conference is now a part of the national convention. New this year are continuing education sessions specially designed for massage instructors. Hear such noted speakers as Joe Muscolino (CT), Whitney Lowe (OR), Shoona Cook and Mary Avarello along with Keynote Speaker Carey Smith share their expertise on motivating and engaging students and assessing students skills.

Classes sell out quickly, so sign up now and don't miss the opportunity to attend sessions taught by Bruce Baltz (FL), Jack Blackburn (WA), Margo Bowman (OR), Felicia Brown (NC), Elaine Calenda (CO), Jerry Hesch, David Kent (FL), Ron McKnight (CT), Tom Myers, Suzanne Nixon (VA), Carole Osborne-Sheets (CA), Harold Packman (NY), Judith Prager (MA), Suzanne Scurlock-Durana (VA), Tracy Walton (MA) and James Waslaski (TX).

Register now and you'll enjoy the early registration rate for AMTA members. For more information or to register visit www.amtamassage.org/education/NationalConvention2006.html.

While you're there, don't forget to check out all the exciting tours that the AMTA Georgia Chapter has put together for even more fun at the AMTA National Convention!

Correction

Due to a production error, the last line of Vice President Claude Gagnon's statement was omitted from the March/April issue of Hands On. *The complete statement is reproduced here.* Hands On *regrets the error.*

Vice President
Claude J. Gagnon

Residence: Milwaukee, Wisconsin

Vision of the future for AMTA
"That AMTA will exceed the member's expectations in its on-going development and delivery of programs and services. The public will equate AMTA members synonymously with quality massage. This will be expressed through professional ethics and standards of our members in their delivery of massage. That all members will feel proud to be a member of the AMTA as they increasingly receive more value from their membership, and that members will see AMTA as providing value and creating a rewarding membership experience."

Upcoming Deadlines
June 15, 2006 – September/October 2006
August 15, 2006 – November/December 2006

Hands On welcomes contributions from AMTA members. All submissions must include contact information, and may be edited for space and clarity. *Hands On* does not accept advertisements. Address all correspondence to:

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